



April 1st Breakfast - 2 slices toast - 2 eggs - 1 piece Steak
1-4oz. diet cereal - Coffee - 604 Calories

Break - 2oz. fruit sandwich, ¹⁰⁰⁰ Tomato soup, 8 Crackers,
2 Chocolate chip Cookies. 770 Calories

Dinner - 6oz. slice pot roast - 1 potato, 2 Potatoes, 2 cups
green salad, 1 slice bread & butter, large slice pie, 8oz.
glass fruit drink. Calories 1,084

Dinner - Breakfast - 2 slices french toast - 2 pattees butter,
3oz. syrup - 1-4oz. fatty sausage, 2 grapes fruit, Coffee -
583 Calories

Break: 1/2 fried Cheese sandwich, 1 cup potato chips, 1 orange,
1-8oz. glass milk - Calories 769

Dinner: 1 1/2 cups spaghetti & meat balls, 1/2 cup fried potatoes
1/2 cup green beans, 1/2 cup cottage cheese, 1 slice bread &
butter, 1-8oz. glass fruit drink - Calories 913

Dinner - 3-2 strips bacon, 2 scrambled eggs, 1 slice toast with
butter, 1-4oz diet oatmeal with milk & sugar - 1 orange
Coffee - 634 Calories

Break - 1-6oz. bowl Chicken noodle soup - 8 Crackers, 2
slice cheese, 1-4oz. slice cake frosted - 1-8oz. glass
milk 530 Calories

Dinner - 1-6oz. slice pork steak, 1/2 cup mashed potato,
4oz. cream gravy 1/2 cup whole kernel corn, 1 cup green
salad, 1 slice bread & butter - 1/2 cup fruit with 1/4 cup
whipped topping - 1-8oz glass Chocolate milk
1,308 Calories

April 4 - Breakfast - 4 oz. Ham slice, 2 hot biscuits - 4 oz.
Cream gravy, 1-4 oz. Hot Cereal with sugar & milk 4 oz.
Coffee 564 Calories

Lunch - Bologna sandwich with 1 slice Cheese & mayonnaise
1/2 cup Potato salad - 1/2 cup Pork & beans - 1 apple -
405 Calories

Dinner: 6 oz. beans & Ham - 1-4 oz. slice Cornbread buttered,
1-cup green salad, 4 oz. pudding - 1-8 oz. glass fruit
drink - 965 Calories

April 5th Breakfast - $\frac{1}{2}$ grapefruit, 2 slices toast: 1 w/butter, w/ 2 $\frac{1}{2}$ sugar
1 w/apple butter 1 patty sausage, 2 eggs, fried $\frac{3}{4}$ cup
potatoes ^{coffee} (998 Calories)
Lunch - bologna & mustard sandwich, apple, glass 8 oz
of milk (668 calories)
Dinner - meatloaf, baked potatoe, green beans, ^{1 pat} 1/2 cup w/butter
toss salad, 1 slice of bread w/butter, 1/2 cup sliced
peaches in syrup. 8 oz colaid (860 calories)

April 6th Breakfast - 1 orange, 2 slices french toast with
^{4 oz} Cherry syrup, 2 patty sausages ^{coffee} (904 calories)
Lunch - Fried egg & cheese sandwich with butter ^{1 slice} 1 pat
and 2 oz ketchup, 4 oz french fried potatoes, 1 8 oz
glass of milk, 1 banana (890 calories)
Dinner - $\frac{1}{4}$ fried ^{breaded} chicken, 6 oz mashed potatoes w/
^{1 pat} 3 oz chicken gravy, 1/2 cup corn w/butter, 1/2
cup apricot slices in syrup, 1 cup tossed salad w/
tomatoe, 2 dinner rolls w/2 pats butter, 8 oz
Kool-aid (1,330 Calories)

April 7th Breakfast - 2 6 inch pancakes w/4 oz maple
syrup & 2 pats butter. 2 strips of bacon, $\frac{1}{2}$
grapefruit, 8 oz ^{1 slice} coffee (928 calories)
Lunch - grilled cheese sandwich with 1 pat
butter, 1 cup potatoe chips, 1 apple, 8 oz milk
(678 Calories)

Dinner - 1 10 oz serving of beef & noodles, $\frac{1}{2}$ cup
green bean mixed w/corn & 1 pat butter. 1 4 oz
slice of cake, 2 pieces bread w/butter, 8 oz
coffee (1,038 Calories)

April 8th Breakfast - 2 fried eggs, 2 patty sausages,
1 slice of toast w/1 pat butter, $\frac{1}{2}$ grapefruit w/2 t.
sugar 8 oz coffee (853 Calories)
Lunch - B.L.T Sandwich (3 strips bacon 2 oz lettuce
& tomatoe & 2 oz mayonnaise. 1 orange 8 oz milk
(987 Calories)

April 9 - Breakfast - 1-40g. Sausage Patties. 2 scrambled eggs - 2 slices toast buttered - 1 with apple butter, $\frac{1}{2}$ grapefruit. Coffee - 935 Calories

Lunch: 1-60g. baked potato large - 8 Crackers 3 celery and 3 Great Steaks - 1 apple - 305 Calories

Dinner - 1-100g. Roasting beef steak - 1-60g. White Corn Bread, $\frac{1}{2}$ cup Cottage Cheese, Sage slice Cream pie - 590 Calories

April 10 - 2 pancakes, 1 slice ham - 60g. 40g. Veg soup, 1-60g. Small cream of wheat with milk & sugar - 300g. 3 tea spoons Coffee

1,320 Calories

Lunch: 1 Bacon - lettuce & tomato sand which - 3 strips luncheon 3 slices tomato, 1 large leaf lettuce, 1-80g. glass milk - 2 Sugar Cookies - 529 Calories

Dinner: 1-80g. Roasting beef steak, 2 hot biscuits with Cream gravy, $\frac{1}{2}$ cup buttered green peas, 2 slices tomatoes 2 celery sticks, - 1-60g. Roasting rice pudding - 1-80g. glass fruit drink - 855 Calories

April 11 - 2 slices bacon, 2 eggs, 2 slices Toast with butter. 1 with jelly - 1-40g. dish of Sugar Cereal - Coffee 871 Calories

Lunch - Chicken salad sand which - 60g. fruit - 1-40g. drink fruit - 1-80g. glass milk - 215 Calories

Dinner - 2-40g. Sausage & egg biscuits - 1 cup French fries, $\frac{1}{2}$ cup buttered biscuits & sprouts - 1 cup green salad - 1-80g. glass fruit drink - 1,489 Calories

April 12 - 1-8oz. helping of Cheese & egg omelet - 3 slices
buttered toast, 3 grapes with 3 tea. sugar - Coffee

705 Calories

Lunch: 1- Roast beef sandwich with pickles, lettuce, and
mayonnaise - 1 slice cheese - 1/2 cup Raisin chips, 1-6oz.
chick pecking. 752 Calories

Dinner, Corned beef hash: 3/4 cup - 1 slice bread & butter
1/2 cup small's buttered - 1/2 cup cottage cheese salad - 1/2 cup salad -
1-8oz. glass iced tea - 1, 305 Calories

April 13th

Breakfast - 2 scrambled eggs, $\frac{1}{2}$ cup cereal with 4 oz milk, 2 slices toast w/ 2 pats butter
6 oz tomatoe juice (708 Calories)
Lunch - Chicken salad sandwich, 1 cup corn chips, 1 pear 8 oz milk (737 Calories)
Dinner - 6 oz chili w/meat & beans, 1 cup fried potatoes, $\frac{1}{2}$ cup beets, 3 slices bread w/ 2 pats butter, ice cream (1,155 Calories)

April 14th

Breakfast - 2 egg omelet with 1 slice cheese 1 patty sausage, 2 slice toast w/apple butter
 $\frac{1}{2}$ grapefruit coffee (808 Calories)
Lunch - roast beef & cheese sandwich w/ 2 oz mayonnaise 8 oz milk apple (863 Cal)
Dinner - 3 oz Beef Pot roast, 1 cup mashed potatoes w/ 3 oz gravy, $\frac{1}{2}$ cup red cabbage, $\frac{1}{2}$ cup fruit gelatin salad, 1 slice custard pie, 8 oz KoolAid 1,036

April 15th

Breakfast - 2 six inch pancakes w/ 4 oz strawberry syrup, 2 strips bacon, $\frac{1}{2}$ grape-fruit coffee (876 Calories)
Lunch - 2 cheese-frank sandwiches, bowl of tomato soup, 8 oz milk (855 Calories)
Dinner - Ground beef chop suey ($\frac{3}{4}$ c chop suey & $\frac{2}{3}$ c rice each), 1 c tomato salad, peach pie, 1 cup green beans w/ 1 pat butter, 8 oz KoolAid (834 Calories)

April 16. ~~2~~ 3 strips bacon, 3 flat tomatoes & onions, 2 eggs,
1 Cheese, Coffee 962 Calories

Lunch - 1 Hamburger with pickles, lettuce, onion, Tom.
Catsup & mustard - $\frac{1}{3}$ cup French fries, 1 apple - 189g. milk
604 Calories
Dinner: 1-6oz. sliced baked ham - $\frac{1}{3}$ cup & 2 small potatoes, $\frac{1}{2}$ cup
buttered carrots, $\frac{1}{2}$ cup Macaroni salad, 1 slice banana
Creme pie, 1, 151 Calories

April 17: 1-4oz. potato sausage - 2 slices French toast - 4oz.
strawberry syrup - 1-4oz. diet cereal with milk & sugar -
1 banana - 1 apple - 1, 127 Calories

Lunch: 2 chili dogs with onion & pickle relish - 1 slice
cheese - 2 celery sticks, 2 carrot sticks, 2 Cheddar Cheese
grahm cracker cookies - 762 Calories

Dinner: 3 pieces baked & whole chicken, 1 baked potato
with 2 pattee butter & 1 tablespoon sour cream. Fine
hills salad with Cottage Cheese & grated carrots, Creamed
Corn - 1 baked apple - 1, 280 Calories

April 18: Breakfast: 1 ham & egg smelt - 1 cup - 2 slices
toast buttered - 1 with jelly - 1-4oz diet sugar cereal
with milk & banana. Coffee -

1, 505 Calories

Lunch: 1-1/2 ham salad sandwich with lettuce & 1 slice
cheese - 1 apple - 2 peanut butter cookies - 1-8oz. glass
milk - 725 Calories

Dinner: 2-4oz. hamburger patties in mushroom gravy
Mashed potatoes $\frac{1}{2}$ cup) $\frac{1}{3}$ cup green salad - $\frac{1}{3}$ cup green
buttered with brown sugar, 1-4oz. slice pineapple upside
down cake, 1 hot tall buttered.

1, 478 Calories

April 20: Breakfast - 2 fried eggs, 2 sausage pattys,
1 slice toast w/ apple ^{2oz} butter. 1 slab watermelon,
coffee (851 Calories)

Lunch - 1 $\frac{1}{4}$ lb hamburger on bun w/ lettuce,
tomatoe, onion, pickle, 1oz mayonaisse, 1oz ketchup,
1 cup potatoe chips, 8 oz milk (908 Calories)
Dinner - 1 3oz fish fillet (breaded), baked
potatoe w/ 2 pats butter, 1 c sweet-sour beans
w/ 1 pat butter, lettuce & tomatoe salad (1 c.),
apple dumpling, 2 8oz Kool Aid (1,247 Calories)

April 21: Breakfast: 2 egg sausage omelet. 2 slices
toast w/ butter. 1/4 ~~can~~ honeydew melon, coffee
(753 Calories)

Lunch: 2 pizza quickies (bread, cheese, tomatoe
sauce, oregano, Parmesan cheese, 1/2 c potato salad,
8 oz milk ice cream (1,088 Calories)

Dinner: 1/2 cup cheese rabbit on toast (2
slices), 1 c broccoli w/ butter, 1 c fruit salad
2 gingersnaps, 8oz Kool Aid (1,115 Calories)

April 22: Breakfast - 2 slices french toast w/ 2 pats
butter & 4oz maple syrup. 1 patty sausage,
1/2 grapefruit, coffee (661 Calories)

Lunch - 1 cup chicken-macaroni salad, 1
raisin muffin, 1 c green beans w/ 1 pat butter,
8 oz milk (593 Calories)

Dinner - 1 6oz swiss steak, 1 c green peas
w/ 1 pat butter, 1 c onion rings, 1 slice bread
w/ ^{1 pat} butter, orange sherbet, 8oz KoolAid
(1,114 Calories)

April 23: Breakfast - 2 scrambled eggs, 1 cup fried
potatoes, 2 patty sausage, orange, coffee
(945 Calories)

April 24 - Breakfast - ^{*}Scrambled egg omelet. 1 cup $\frac{1}{2}$ grape
fruit with 3 Tbsp. sugar - 3 pieces buttered toast
Coffee - 1, 137 Calories

Dinner: 1-8oz. sautéed Ham Chauder - 8 Crackers, 1 Dinner,
1-8oz. glass milk - 1-4oz serving Peas in heavy syrup.
1, 225 Calories

Dinner: 2 Chicken salad, 1 baked potato with 2 paties
butter & 1 tablespoon sour Cream, $\frac{1}{2}$ cup Cauliflower
buttered, pickled ~~beets~~ beets - fruit salad - $\frac{1}{2}$ cup - 1-8oz.
glass grape drink - 1, 672 Calories

April 25: Breakfast: 2 slices bacon, 2 pancakes, 4oz
syrup - 1-4oz sautéed veal with Cream & sugar - Coffee
972 Calories

Dinner: 2 hot dogs - $\frac{1}{2}$ cup chips - 1 Orange - 1-8oz glass
milk - 2 Tbsp. olive -

Dinner: 1-8oz. olive pork roast - $\frac{1}{2}$ cup dressing with
 $\frac{1}{4}$ cup gravy - $\frac{1}{2}$ cup whole kernel Corn - 1 cup Cabbage,
 $\frac{1}{2}$ cup fresh fruit with whipped topping - 1-8oz glass
Chocolate milk 1, 129 Calories

April 26 - Breakfast - 1-6oz. olive Ham, 2 hot biscuits,
 $\frac{1}{2}$ cup Cream Gravy, 1 Orange - Coffee
805 Calories

Dinner: 1-6oz & Cheese Landwick tripe olive - 2 Tbsp.
olive - 2 fried apple rings - 1-8oz. glass milk
752 Calories

Dinner: 1 Chicken & Macaroni - 1- cup $\frac{1}{2}$ cup sliced buttered
beets, $\frac{1}{2}$ cup green pepper sauce, bread & butter - fruit
gelatin $\frac{1}{2}$ cup - 1-8oz. glass orange juice
1, 435 Calories

April 27: Breakfast - 1-4oz. Cereal, Patis - 2 slices
French toast buttered, 4 oz. Syrup - 1-4oz. Cereal
Dinner with milk & sugar - Coffee -
1, 212 Calories

Lunch: 1- slicey pie - with onion, Pickles, Tomato, and
meatball, 4 crackers with cheese - 1-4oz. pudding -
1-8oz glass milk

Dinner: 1-4oz. Cereal - 1-4 Cup - 2 Cup French, 2 Cup
Pineapple salad, 1 slice bread & butter, 2 bananas
Dinner (approximately 6oz.) - Coffee -
1, 634 Calories

April 28: 2 soft boiled eggs - 2 pieces buttered toast,
2 slices fresh side meat - 1-4oz. Cereal cereal with
bananas - Coffee
1, 015 Calories

Lunch - 1-6 topped steak - 2 Cup French Fried Ham, slice
2 Coconut Cookies - 1-8oz. glass milk
979 Calories

Dinner: 1- cup Macaroni, Cheese & Ham with, buttered
Peas 2 Cup - 1-6 baked salad, bread & butter, 1-4 oz. slice
cheese cake. 1-8oz glass fruit drink - 1, 453 Calories

April 29. Breakfast: 1 Cup Cocoa & egg smelt - 2 pieces
buttered toast - 1 with honey - $\frac{1}{2}$ grapefruit with
2 teas. sugar - Coffee - 1, 087 Calories

Lunch - Omelet & Chili - 1 cup - 1-4oz. dried fruit.
Cocktail - 2 Cocktails - 1-8oz. 9 Calorie milk

873 ~~Calories~~ Calories

Dinner - 2 Cabbage rolls - $\frac{1}{2}$ Cup Cottage cheese,
1 slice bread & butter - $\frac{1}{4}$ Cup vegetable kernel Corn,
3 Scoops Choc. Chip ice Cream - 1-8oz glass fruit
drink - 1, 251 Calories

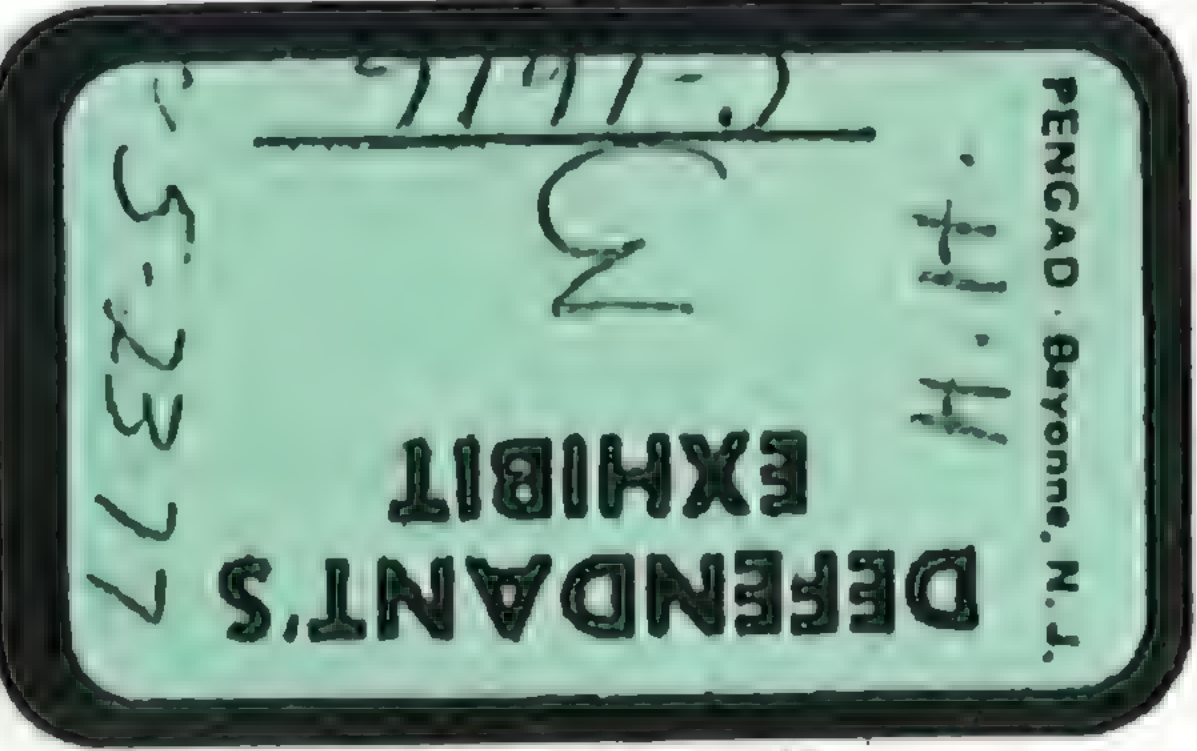
April 30. Breakfast - 1 Cup Chipped beef gravy over
2 biscuits - 1 biscuit with butter & honey, 1 Orange
Coffee 983 Calories

Lunch. 1 Cup cream of Potato Soup - 8 Crackers - 1 slice
cheese - 1 Cup Cake - 1-8oz glass milk -

891 Calories

Dinner - 8oz. Stuffed meat loaf - $\frac{1}{2}$ Cup green beans,
1 slice bread & butter - $\frac{1}{2}$ Cup Cold water, 1 slice
fruit pie with whipped topping - 1-8oz glass tea -
1, 973 Calories

~~D~~ ^{1 cup} Dinner - ~~4oz~~ macaroni and cheese, 1 4oz pork chop, $\frac{1}{2}$ cup of broccoli w/ 1 pat butter, 1 cup of tossed salad w/ tomatoe, 1 slice of bread w/ 1 pat butter, $\frac{1}{2}$ cup pear halves in syrup, 802 kcal Aid (1,267 Calories)



Garfield County Jail - Daily Food Composition Chart

5/11/77											
Calories	Protein (g)	Carbohydrates (mg)	Calcium (mg)	Iron (mg)	A (IU)	B1 (mg)	B2 (mg)	Niacin (mg)	C (mg)	D (IU)	E (mg)
Breakfast:											
2 eggs, scrambled	15	3.0	100	2.20	1,400	.05	.18	.10	0	31	.23
1 toast	2	12	19	.58	t	.06	t	.80	0		
2 slices bacon	4	1	2	.50	t	t	t	.57	52		.58
½ grapefruit	.6	12	23	.57	570	.16	.06	.57			
1 cup coffee	.3	.8	4.6	.23	0	.01	.01	.90			
Dinner:											
2 slices toast	4	24	38	1.09	t	.12	.10	1.10			.46
3 oz. tuna, vegetable sauce	15	18							2.0		
106		26									
5/12/77											
Breakfast:											
2 pieces french toast	11	28	154	1.8	1,110	.18	.32	1.0	0		
2 slices bacon	4	1	2	.50	t	t	t	.80	0		
1 orange	1.8	20	74	.72	360	.18	.05	.72	90.0		.43
1 cup coffee	.3	.8	4.6	.23	0	.01	.01	.90			
Dinner:											
3 oz swiss steak	18	0	13	3.0	20	0	0	4.80	00	0	0
¾ cup corn	1.9	15.7	8.0	.80	270	.03	.05	.90	5.0	0	.05
1 small baked potatoe	2.6	24.1	9.7	.7	t	.05	.02	.85	20		.03
1 piece bread	2.0	12	19	.58	t	.06	.05	.55			.23
½ cup apricot	.7	26	14	.36	2,175	.02	.02	.50	5.0		
1 cup cool aid		26									
DAILY TOTAL											
1,159*	42.3*	100.8*	297.6	163.0*	3,935*	.53*	.52*	11.02*	120*	00.0	.74*
2,600	56.0	390	800	10.0	5,000	1.20	1.50	16.0	45	400	15.00
RECOMMENDED ALLOWANCE											

DAILY TOTAL 1,159* 42.3* 100.8* 297.6 163.0* 3,935* .53* .52* 11.02* 120* 00.0 .74*

RECOMMENDED ALLOWANCE 2,600 56.0 390 800 10.0 5,000 1.20 1.50 16.0 45 400 15.00

Garfield County Jail - Daily Food Composition Chart

Calories	Protein (g)	Carbohydrates (mg)	Calcium (mg)	Iron (mg)	A (IU)	B1 (mg)	B2 (mg)	Niacin (mg)	C (mg)	D (IU)	E (mg)
5/13/77											
Breakfast:											
2 eggs scrambled	15	3	100	2.20	1,400	.05	.18	.10	0	31	.23
1 slice toast	2	19	19	.58	t	.06	.05	.55	0	0	0
1½ oz. pork sausage	6	0	2	1.20	0	.30	.10	1.20	0	0	0
½ grapefruit	.6	12	23	.57	570	.16	.06	.57	52	0	0
1 cup coffee	2	4.8	4.6	.23	0	.01	.01	.90	0	0	0
Dinner:											
Chicken leg&thigh	25	0	13	1.80	200	t	.10	5.00	0	0	0
½ cup white rice	3.3	35.8	4	1.20	0	.19	.10	1.50	0	0	0
½ cup brussel sprouts	2.7	4.1	21	.71	338	.05	.10	.50	56	0	0
½ cup apricots	.4	13.7	7	.18	1,087	.01	.01	.25	2.5	0	0
1 cup cool aid	106	26									
DAILY TOTAL	1,064*	55.3*	106.7*	193.6*	3,595*	.64*	1.2	16.0	45.0	400	15.00
RECOMMENDED ALLOWANCE											
5/14/77											
Breakfast:											
2 pancakes	6.4	30.6	90	1.2	108	.16	.10	.6	0	0	0
2 slices bacon	4.0	1	2	.5	t	.4	.8	.8	0	0	0
1½ oz. maple syrup	0	39	63	.72	0	0	0	0	0	0	0
1 cup coffee	2	.8	4.6	.23	0	.01	.01	.9	0	0	0
Dinner:											
3 oz. roast beef	16	0	7	2.10	60	t	t	3.0	0	0	0
1 cup mashed potato	4.2	24.6	48	.80	240	.16	.10	2.0	20	0	0
½ cup canned peas	1.7	6.2	10	.85	225	.09	.02	.45	6	0	0
½ cherries, canned	1	28	20	.38	874	.04	.02	.25	4.5	0	0
1 med. tomato	1.6	7.1	19.5	.75	1,390	.09	.06	1.95	34.5	0	0
½ stalk celery	.2	1.0	.1	.07	60	.02	.02	.07	2.2	0	0
1 cup cool aid	106	26									
DAILY TOTAL	1,264*	35.4*	164.3*	264.2*	2,957*	.56*	.33*	10.02*	67.2*	00	.69

Garfield County Jail - Food Composition Chart

Calories	Protein (g)	Carbohydrates (mg)	Calcium (mg)	Iron (mg)	A (IU)	B1 (mg)	B2 (mg)	Niacin (mg)	C (mg)	D (IU)	E (mg)
5/15/77											
Breakfast:											
2 eggs, scrambled	15	3	100	2.20	1,400	.05	.18	.10	.55	0	31
1 slice toast	2	12	19	.58	t	.06	.05	.10	.10	0	
1 1/2 oz. pork sausage	6	0	2	1.20	0	.3	.1	1.20	.8	16	.22
1/2 cup tomato juice	.9	43	7	1.50	800	.05	.03	.8	.12	1.2	
1/2 cup coffee	.15	.8	2.3	.12	0	t	t	.12			
Dinner:											
3 oz round steak	24	0	2.1	2.10	20	t	t	4.8	0		
3/4 cup fried potatoes	4	33	15	1.1	0	.10	t	1.2	15		
1/4 cup broccoli	1.1	1.7	34	.36	930	.03	.07	.3	34		
1/2 cup tapioca pudding	5	21	131	.5	290	.05	.4	.1	0		
1 cup cool aid	106	26									
DAILY TOTAL	1,208*	140.5*	317.3*	8.66*	3,440*	.64*	.83*	9.17*	66.2*	331*	.45*
RECOMMENDED ALLOWANCE											
5/16/77											
Breakfast:											
2 pancakes	6.4	30.6	90	1.2	108	.16	.10	.6			
2 slices bacon	4.0	1	2	.5	t	t	.8				
1 1/2 oz. maple syrup	0	39	63	.72	0	0	0	0	0		
1 cup coffee	.3	.8	4.6	.23	0	.01	.01	.25	2.5		
Dinner:											
2 oz. short ribs	16	5.6	2.00	2.00	11	.04	.12	2.8	0	0	
1 cup white rice	3.3	4	1.20	1.20	0	.19	.04	1.5			
1/2 Navy, baked beans	8	72	2.4	.58	174	.1	.04	.8	2.68		
1 slice of bread	2	12	19		t	.06	.05	.55			
1 cup cool aid	106	26									
DAILY TOTAL	1,058*	170.2*	260.2*	8.83*	293*	.56*	.32*	7.30*	5.18*		.23*
RECOMMENDED ALLOWANCE											

42% 40% 35% 34% 32% 30% 28% 26% 24% 22% 20% 18% 16% 14% 12% 10% 8% 6% 4% 2% 0%

Garfield County Jail - Food Composition Chart

Calories Protein Carbohydrates (mg) Calcium Iron A B1 B2 Niacin C D E
(g) (mg) (IU) (mg) (mg) (mg) (IU) (mg) (mg) (mg) (mg)

5/17/77

Breakfast:

2 eggs, fried 216
1 1/2 oz. pork sausage 125
1 slice toast 62
1 cup corn flakes 93
1 cup milk 159
1 tbsps. sugar 46
1 cup coffee 2

Dinner:

2 frankfurters 246
3/4 cup navy, baked beans 14
1/2 cup corn 66
1/2 cup peaches 100
1 slice bread 62
1 cup milk 159

DAILY TOTAL
RECOMMENDED ALLOWANCE

Weekly Summary of Jail Food Composition

Calories 2,600
Protein 58.1*
Carbohydrates 125.53*
Calcium 701.6*
Iron 8.69*
A 4,123*
B1 1.10
B2 1.197*
Niacin 10.80*
C 24.88*
D 356
E 15.00

Calories 96.8
Protein 47.1
Carbohydrates 390.0
Calcium 317.3
Iron 8.09
A 2,901
B1 1.20
B2 1.60
Niacin 8.98
C 45.0
D 400
E 15.00

Wednesday	925	40.9	96.8	186.6	5.17	1,970	4	4	4.02	57.0	31	1.27
Thursday	1,159	42.3	150.6	297.6	8.69	3,935	.53	.52	11.02	120.0	0	.74
Friday	1,064	55.3	106.7	193.6	8.67	3,595	.64	.80	10.57	110.5	31	.23
Saturday	1,264	35.4	164.3	264.2	8.07	2,957	.56	.33	10.02	67.2	0	.69
Sunday	1,208	58.1	140.5	317.3	8.66	3,440	.64	.83	9.17	66.2	31	.45
Monday	1,058	40.00	170.2	260.2	8.83	293	.56	.32	7.30	5.2	0	.23
Tuesday	1,336	58.1	125.5	701.6	8.69	4,123	1.10	1.97	10.80	24.9	356	.66
DAILY AVERAGE	1,144	47.1	136.3	317.3	8.09	2,901	.63	.73	8.98	64.4	75	.91
RECOMMENDED AVERAGE	2,600	56.0	390.0	800.0	10.00	5,000	1.20	1.60	16.00	45.0	400	15.00
JAIL DIET % NUTRIENT												
SUPPLIED IN WEEK	44%	84%	35%	39%	81%	58%	52%	45%	56%	143%	18%	6%

Garfield County Jail - Daily Food Composition Chart

Calories Protein Carbohydrates (g) Calcium (mg) Iron (mg) A (IU) B1 (mg) B2 (mg) Niacin (mg) C (mg) D (IU) E (mg)

5/18/77												
Breakfast:												
208	6.4	30.6	90	1.2	108	.16	.10	.6	.8	.6	.21	2.50
2 slices bacon	4.0	1	2	.5	t	t	.10	.6	.8	.6	.21	2.50
1 tbsp. honey	.1	16	1	.1	0	t	.01	t	.8	.6	.21	2.50
1 cup corn flakes	3.0	27	6	1.2	0	t	.42	.2	.6	.2	2.44	100
1 cup milk	8.5	12	287	t	354	.07	.42	.2	.6	.2	2.44	100
1 cup coffee	2	.8	4.6	.2	0	.01	.01	.3	.2	.2	2.50	
Dinner:												
287	11.0	26	48	1.2	231	.14	.11	4.1	1.00	26.50	1.00	
1 tuna fish sandwich	7.2	32.3	45.8	1.9	434	.17	.15	2.2	2.60	8.6	3.2	
1 cup potato salad	1.8	9.4	51	.5	416	.05	.29	.8	2.60	8.6	3.2	
1 cup celery soup	.4	1.8	5	.2	447	.02	.03	.5	8.6	3.2		
1 tomato	.5	14.1	10	.2	437	.02	.01	.1	3.2			
1 cup canned cherries	29	26										
1 cup cool aid	106											
5/19/77												
Breakfast:												
208	6.4	30.6	90	1.2	108	.16	.10	.6	.8	.6	.21	2.50
2 slices bacon	4.0	1	2	.5	t	t	.10	.6	.8	.6	.21	2.50
1 tbsp. honey	.1	16	1	.1	0	t	.01	t	.8	.6	.21	2.50
1 cup corn flakes	3.0	27	6	1.2	0	t	.42	.2	.6	.2	2.44	100
1 cup milk	8.5	12	287	t	354	.07	.42	.2	.6	.2	2.44	100
1 cup coffee	2	.8	4.6	.2	0	.01	.01	.3	.2	.2	2.50	
Dinner:												
185	14.3	0	6	1.8	22	.03	.11	2.2	0	16.00	0	
2 oz. pot roast	2.1	17.1	7	.6	t	.09	.04	1.5	16.00	4.5	4.5	
1 med. potato, steamed	1.7	6.2	10	.9	225	.04	.02	.5	4.5	4.5	4.5	
1 slice bread	2	12	19	.6	t	.06	.05	.6	4.5	4.5	4.5	
1 cup fruit cocktail	.5	23	11	.5	179	.02	.01	.5	2.5	2.5	2.5	
1 cup cool aid	106	26										
DAILY TOTALS												
1,519*	43.2*	197.0*	550.4*	7.4*	2,427*	.74*	1.13*	10.2	47.05*	100*	.35	
5/19/77												
Breakfast:												
208	6.4	30.6	90	1.2	108	.16	.10	.6	.8	.6	.21	2.50
2 slices bacon	4.0	1	2	.5	t	t	.10	.6	.8	.6	.21	2.50
1 tbsp. honey	.1	16	1	.1	0	t	.01	t	.8	.6	.21	2.50
1 cup corn flakes	3.0	27	6	1.2	0	t	.42	.2	.6	.2	2.44	100
1 cup milk	8.5	12	287	t	354	.07	.42	.2	.6	.2	2.44	100
1 cup coffee	2	.8	4.6	.2	0	.01	.01	.3	.2	.2	2.50	
Dinner:												
185	14.3	0	6	1.8	22	.03	.11	2.2	0	16.00	0	
2 oz. pot roast	2.1	17.1	7	.6	t	.09	.04	1.5	16.00	4.5	4.5	
1 med. potato, steamed	1.7	6.2	10	.9	225	.04	.02	.5	4.5	4.5	4.5	
1 slice bread	2	12	19	.6	t	.06	.05	.6	4.5	4.5	4.5	
1 cup fruit cocktail	.5	23	11	.5	179	.02	.01	.5	2.5	2.5	2.5	
1 cup cool aid	106	26										
DAILY TOTAL												
1,207*	42.9*	171.7*	443.4*	7.6*	888*	.58*	.77*	5.8*	28.15*	100*	.45*	

Garfield County Jail - Daily Food Composition Chart

Calories	Protein (g)	Carbohydrates (g)	Calcium (mg)	Iron (mg)	A (IU)	B1 (mg)	B2 (mg)	Niacin (mg)	C (mg)	D (IU)	E (mg)
5/20/77											
Breakfast:											
2 eggs, scrambled	15	3	100	2.20	1,400	.05	.18	.10	0	62	
1 1/2 oz. ham	8	0	4	1.1	0	.2	.05	1.5	0		
1 slice toast	2	12	19	.58	+	.06	.05	.55	0		.23
1/2 cup corn flakes	1	12	3	.6	0	.05	+	.30	0		
1/2 cup milk	4.3	6	143	+	177	.03	.21	.1	1.22	50	.05
1 cup coffee	2		4.6	.2	0	.01	.01	.3	2.50		
Dinner:											
2 tuna fish sandwiches	22	26	96	2.4	462	.28	.22	8.2	2.00		
1 cup potato soup	3.6	12	62	2.08	442	.05	.07	.53			
1 cup apricots	1.5	53	28	.75	4,350	.05	.05	1.00	10.00		
1 cup milk	8.5	12	287	+	354	.07	.42	.20	2.44	100	.10
2 soda crackers	45	8	2	.1	0	+	+	+	0		
DAILY TOTALS	1,650*	67.2*	144.8*	748.6*	10.01*	7,185*	.85*1.26*	12.78*	18.16*	212*	.38*